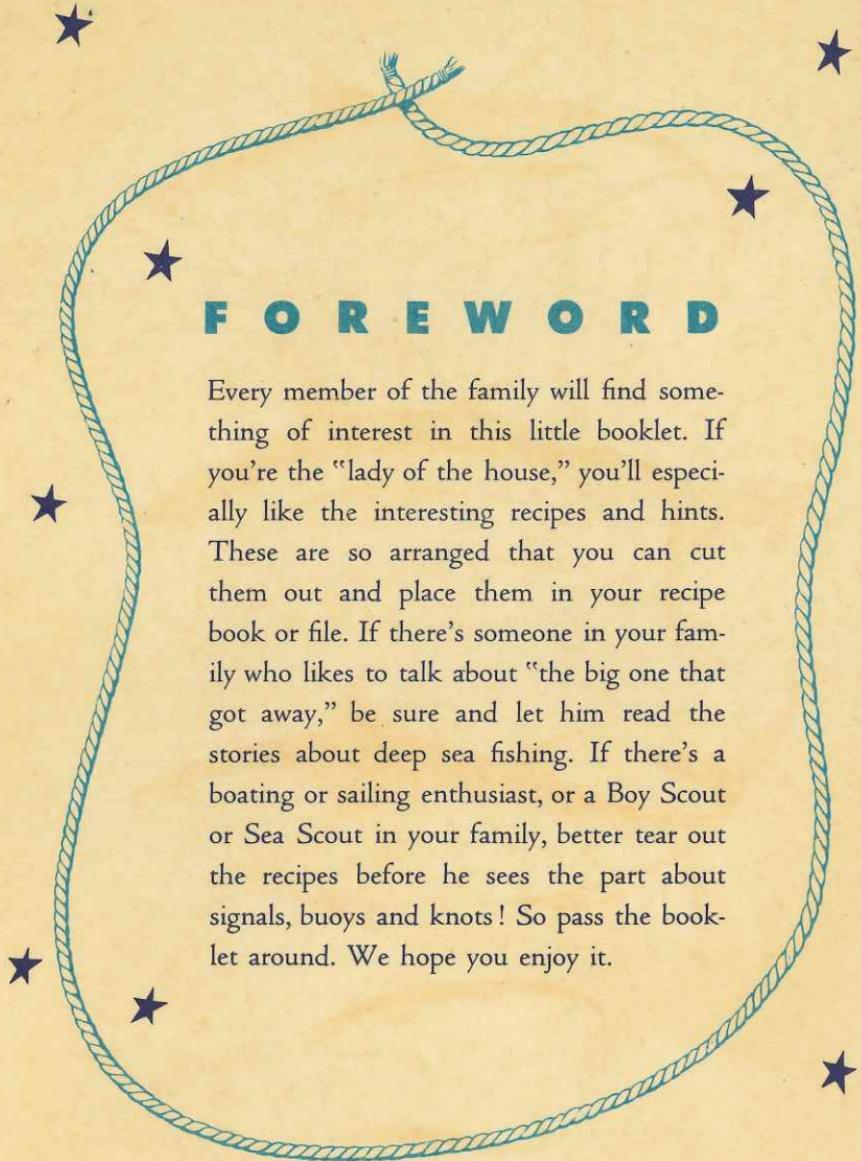




TUNA

Named after our famous "STAR-KIST" brand  
of Tuna, this beautiful, post-war, 300-ton,  
all-steel Tuna Clipper is the latest addition  
to the large and powerful tuna fishing fleet  
operated by the French Sardine Company.

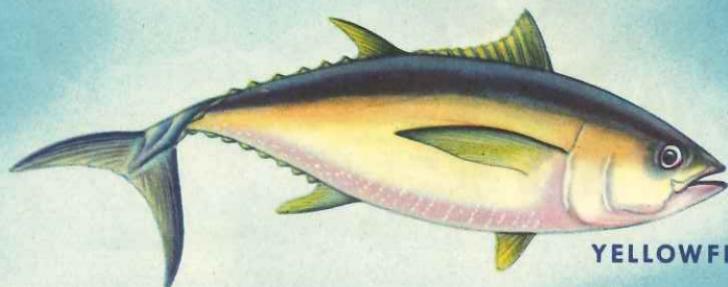


## FOREWORD

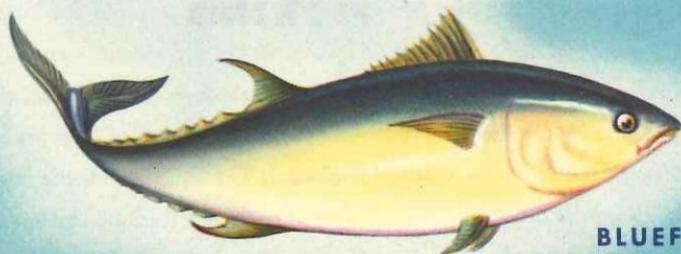
Every member of the family will find something of interest in this little booklet. If you're the "lady of the house," you'll especially like the interesting recipes and hints. These are so arranged that you can cut them out and place them in your recipe book or file. If there's someone in your family who likes to talk about "the big one that got away," be sure and let him read the stories about deep sea fishing. If there's a boating or sailing enthusiast, or a Boy Scout or Sea Scout in your family, better tear out the recipes before he sees the part about signals, buoys and knots! So pass the booklet around. We hope you enjoy it.



ALBACORE  
White Meat  
TUNA



YELLOWFIN TUNA



BLUEFIN TUNA



PACIFIC MACKEREL



CALIFORNIA SARDINE



## TUNA FISHING

The barbless hook, covered with feathers, soars through the air. It hits the water. There is a moment of suspense. Then . . . the strike! The heavy, eight-foot, bamboo pole is snapped backward. The fish slips off the hook and lands on the deck. The line is snapped back and forth . . . back and forth . . . and a fish drops every time—just like clockwork. The fish pile up on the deck and are quickly carried away to the hold where they are placed in a freezing unit or iced.

That's fishing! That's TUNA fishing . . . one of the most exciting sports in the world—and big business. That's *one-pole* fishing, where the fish are comparatively small in size and one man handles one pole, one line,

one hook. The excitement increases as more men work on one fish. Sometimes two, three, four or five men work in perfect unison, displaying the ultimate in cooperative action, in bringing in a single fish. In "three-pole" fishing, for example, there are three men, three poles, three lines and *one hook*—all for one fish. He's a *big* one! Albacore, Yellowfin, Bluefin or Skipjack, when packed commercially, are known as TUNA. They vary in weight from eight pounds to one hundred pounds each and, in size, from two to six feet in length.

Tuna are attracted through "chumming". . . a feeding process which consists of throwing huge quantities of anchovies or other small fish into the sea. These anchovies were caught in nets earlier in the trip and are now used to attract the bigger fish.

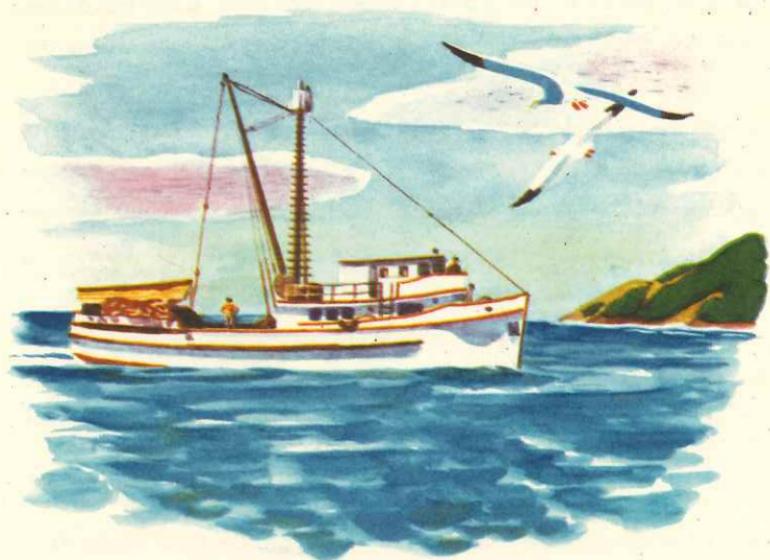
Pole fishing is done from steel cages or bridges hung over the rail. The men often are up to their shoulders in water when the sea is rough. They stand for hours at a time tossing one fish after another onto the deck.

Tuna Clippers, the big boats especially constructed for Tuna Fishing, are as long as a hundred and fifty feet and have a cruising radius up to nine thousand miles. These boats are equipped with the latest mechanical and scientific equipment such as the Fathometer, Gyro-Compass and Ship-to-Shore Telephone.

Tuna are also caught with nets but the big bulk of them are caught individually, with poles.

On the West Coast of the United States, one hundred and fifty-five million pounds of Tuna are caught each year—most of it in the manner described above. This is a great source of the world's food!





## SARDINE FISHING

It's night. It's very, very dark. The boat is moving swiftly and quietly through the water. All aboard speak in hushed voices. The running lights are dimmed. There is an alertness . . . an air of excitement and expectancy. Lookouts are posted in the crow's nest, on the bridge and on the bow and all eyes peer slowly over the dark surface of the water looking for a phosphorescent glow that will signal the presence of a school of fish. Tonight we are looking for Sardines . . . looking for the soft, steady glow that means a Sardine School!

It's there! The word spreads throughout the boat. Special care is now taken to handle the boat quietly and with extreme caution. The skipper draws close to the discovered school. If the tonnage appears large enough to justify devoting two or three hours in spreading a net, the skiff is dropped quietly over the stern with two men aboard. One end of the huge net, about a third of a mile in length and 200 feet in depth, is attached to the skiff which remains still in the water. The big boat . . . the seiner . . . moves slowly and makes a large circle around the school, spreading the net. Finally the circle is completed. The end of the net being held by the skiff is then taken aboard the seiner and we're all set for the catch. The net has been equipped with lead around the bottom edge to hold it down in the water while the top edge has a cork line which keeps it floating. Now the winch on the big boat starts grinding. The line through the bottom of the net is drawn tighter and tighter. The bottom of the net is closing. A few more tugs and we've got 'em! The top edge or "mouth" of the net is also drawn more closely together. The swarming, swirling, silvery fish make a great churning in the water as they are drawn close together. Then into the great mass of fish goes the dip net. As the seiner boom lifts the dip net up against the dark, night sky, the hope of every fisherman is fulfilled . . . the catch is good! The silvery Sardines pour into the hold . . . tons of them. The average size of each Sardine is ten inches. Soon the purse seine net in the ocean is emptied. The boat moves on . . . looking for a new school.





## MACKEREL FISHING

Mackerel aren't so particular how they're caught. You can catch 'em in the sunlight or at night. You can use a small boat near shore. You can take a huge seining boat far into the wide, open spaces of the ocean and stretch a great, seine net. No matter how you do it, "chumming" and dip nets are essential.

Let's take a small boat, twenty to forty feet in length, and keep close to shore. When we approach the fishing area, we throw our bait overboard (that's "chumming"). Soon, if we're reasonably lucky, the sea around us is alive with the feeding fish. They're Mackerel. They grow up to three pounds in weight and eighteen inches in length. All we do then is reach out over the gunwhales and lift the mottled green and blue fish from the sea with a dipnet. If we were far out in the ocean in a large boat, we would attract the fish with our bait, spread the net around them and then use the dipnet.

# 12 EXCITING TUNA RECIPES

## Tried and Tested

CUT RECIPES ALONG DOTTED LINES AND PLACE IN FILE



A WHOLE MEAL  
ON WARM DAYS

### STAR-KIST SALAD

1 head lettuce  
1 can Star-Kist Tuna (7 oz.)  
French dressing

Radishes, olives,  
Cucumber, onion,  
Cheese & parsley

Take a small head of lettuce, remove imperfect outer leaves, cut the stem straight across so that head will rest squarely on plate. Remove heart of the lettuce head; cut from the top down as you would hollow out a tomato. Wash under the faucet, which will clean and also open the head into a blown rose pattern. Into this space put a mixture of the shredded lettuce leaves which were removed,

plus shredded Star-Kist Tuna, chopped cucumber, minced onion and parsley. Dress with a good French dressing. If preferred, mixture can be dressed with light mayonnaise before putting into lettuce head.

Place the salad upon a plate and surround it with red radishes, green or ripe olives (or both) and some slivers of cheese.

*See Reverse Side for Another Delicious Recipe*



WAIT 'TIL HE  
TASTES THIS!

### DEVILED TUNA

1 can Star-Kist Tuna (7 oz.)  
2 tablespoons of butter or  
margarine  
1/2 teaspoon of salt  
1/8 teaspoon of pepper  
1/4 teaspoon of paprika  
4 tablespoons flour  
1 cup cream

Dash of Tabasco sauce  
1 tablespoon Worcester sauce  
1/4 cup tomato ketchup  
2 tablespoons chopped pimiento  
2 tablespoons each chopped  
onion, celery, green pepper  
and parsley

Saute chopped vegetables in butter or margarine for five minutes. Mix remaining ingredients, add sauted vegetables and place in buttered baking dish. Dust with buttered crumbs and 1/4 cup grated Parmesan cheese. Bake at 350° for 25 minutes. Serve with rice or noodles; or alternate layers of cooked rice or noodles with layers of tuna when baking.

*See Reverse Side for Another Delicious Recipe*



# USE STAR-KIST TUNA ALL-WAYS

## Main Dishes • Salads • Sandwiches

CUT RECIPES ALONG DOTTED LINES AND PLACE IN FILE



A DIFFERENT  
LUNCHEON SALAD

### AVOCADO TUNA MOLD

1 large avocado  
1 can Star-Kist Tuna (7 oz.)  
1/4 cup finely cut green pepper  
1/2 cup diced celery  
3 tablespoons of lemon juice  
1 1/2 tablespoons gelatin

1/2 cup cold water  
1 1/2 cups boiling water  
1/2 teaspoon celery salt  
1/4 cup salad dressing  
Salad greens

Soften gelatin in cold water, add boiling water; stir until dissolved; add lemon juice and celery salt.

Cut avocado into halves lengthwise and remove seed and skin. Cut into medium sized cubes. Drain and flake tuna. When gelatin mixture is thick, but not firm, add salad dressing, avocado, tuna, green pepper and celery and blend lightly.

Pour into a flat pan, chill until firm. Cut into squares, serve on lettuce with a topping of any preferred salad dressing.

*See Reverse Side for Another Delicious Recipe*



CHILDREN'S DELIGHT!

### PEAS AND TUNA CASSEROLE

1 can of Star-Kist Tuna (7 oz.)  
1 sliced hard boiled egg  
1 lb. fresh, frozen or canned  
peas  
3/4 teaspoon salt

3 tablespoons flour  
3 tablespoons butter or  
margarine  
1 1/2 cups milk  
1 small package potato chips

Melt the 3 tablespoons butter or margarine over low heat. Add the flour and salt and stir until well blended. Add the milk all at once and stir until the sauce thickens. Add the tuna, which has been drained and broken into large flakes, the peas and the hard boiled egg and pour this mixture into a buttered casserole. Cover the mixture with crushed potato chips and bake in a 300° oven for 30 minutes.

*See Reverse Side for Another Delicious Recipe*



# EAT STAR-KIST TUNA ALL-DAYS

Winter • Spring • Summer • Fall

CUT RECIPES ALONG DOTTED LINES AND PLACE IN FILE

## CREAMED TUNA VARIATIONS



### A FAMILY FAVORITE

1 can Star-Kist Tuna (7 oz.)  
3 tablespoons flour  
3 tablespoons butter or  
margarine

3/4 teaspoon salt  
1 1/2 cups milk  
1 small can mushrooms  
drained (optional)

Melt the 3 tablespoons butter over low heat. Add the 3 tablespoons of flour and the salt. Stir until the flour and butter are well blended. Add the milk all at once and stir over low heat until the sauce thickens. Add the tuna which has been drained and broken into large flakes and the drained mushrooms. Stir until thoroughly heated. Serve at once in rice ring (recipe on reverse side) or with toast or noodles.

Variations: One pimiento, chopped, may be added to the tuna mixture and the mushrooms omitted. The tuna mixture is good without either the mushrooms or pimento.

*See Reverse Side for Another Delicious Recipe*



### DELICIOUS DISH IN THIRTY MINUTES

## BAKED TUNA AND NOODLES

1 package fine noodles (8 oz.)  
4 tablespoons butter or  
margarine  
4 tablespoons flour  
2 cups milk

2 packages cream cheese (3 oz.)  
Salt and pepper and Worcester-  
shire Sauce to taste  
1 can Star-Kist Tuna (7 oz.)  
drained and flaked

Cook noodles in boiling water (salted) until tender; drain.

Make a white sauce of the butter, flour and milk; blend in the cream cheese; season to taste. Combine the sauce, noodles and tuna, turn into individual casseroles. Bake in moderately hot oven ( $375^{\circ}$ ) about 20 mintues.

*See Reverse Side for Another Delicious Recipe*



# THERE IS A DIFFERENCE IN TUNA!

Only the small, tender, better-flavored  
Tuna are packed under the Star-Kist label

CUT RECIPES ALONG DOTTED LINES AND PLACE IN FILE

## TUNA RICE RING

1 cup raw rice  
3 teaspoons salt

2 quarts boiling water  
1/4 cup grated American cheese

Cook rice for 20 minutes in 2 quarts of boiling water to which 3 teaspoons of salt have been added. Drain rice and rinse with hot water. Add half of the grated cheese to the rice and pack rice in an 8" buttered ring mold. Sprinkle the remaining cheese over the top of the rice. Bake in a 350° oven for 15 minutes.



EYE-APPEALING

Loosen the rice around the edges of the mold with a knife and turn the mold out on a large chop plate. Fill the center with tuna mixture. Dust the center with paprika and garnish with parsley.



See Reverse Side for Another Delicious Recipe

## TUNA CURRY CASSEROLE

1 can cream of mushroom soup  
1 can Star-Kist Tuna (7 oz.)

1 small can of mushrooms  
1 cup of raw rice  
1 teaspoon of curry powder



A TEMPTING  
TIME SAVER!

Cook rice for 20 minutes in 2 quarts of boiling water to which 3 teaspoons of salt have been added. Drain rice, rinse with hot water. Drain and flake tuna. Combine all ingredients and bake in a buttered casserole for 30 minutes in a 350° oven.



See Reverse Side for Another Delicious Recipe

# KEEP STAR-KIST TUNA HANDY

## Makes Menu Planning Easy

CUT RECIPES ALONG DOTTED LINES AND PLACE IN FILE



### . . . FOR THOSE UNEXPECTED GUESTS

Flake tuna and add seasonings. Cook bread crumbs in milk 5 minutes, add tuna and beaten egg yolks. Fold in stiffly beaten egg whites and turn into oiled casserole. Place in pan of hot water and bake at 350° for 45 to 50 minutes.

*See Reverse Side for Another Delicious Recipe*

### TUNA SOUFFLE

1 can Star-Kist Tuna (7 oz.)  
3/4 cup of milk  
1 cup of bread crumbs  
1/2 teaspoon of salt

1 teaspoon lemon juice  
3 eggs, separated  
1/2 teaspoon paprika



### REALLY SPECIAL FOR BUFFET SUPPERS

Melt butter and add flour, add seasonings, tomatoes, cheese and egg. Cook for just a few minutes. Heat milk to scalding point and add to other ingredients. Then add can of tuna (including oil), let simmer for five minutes. Serve over rice or noodles or on toast.

### TUNA DELIGHT

2 tablespoons butter or margarine  
2 tablespoons flour  
1/2 teaspoon mustard (wet)  
1/4 teaspoon salt  
1/2 teaspoon Worcestershire Sauce

1 can Star-Kist Tuna (7 oz.)  
1 cup cooked and thoroughly drained tomatoes  
1 cup grated American cheese  
1 egg (slightly beaten)  
3/4 cup milk  
1 small onion chopped very fine



*See Reverse Side for Another Delicious Recipe*

# STAR-KIST

Means Tender, Tasty Tuna Every Time!

CUT RECIPES ALONG DOTTED LINES AND PLACE IN FILE



**NEW—DIFFERENT—  
SIMPLE TOO!**

Combine crumbled soda crackers and milk and heat to boiling. Continue to cook and stir about one minute. Remove from heat and beat in eggs, one at a time. Add flaked tuna, olives, salt, pepper and corn and stir till well blended. Pour into well buttered casserole. Cover casserole, place in pan of water and cook in 375° oven for about one hour, or until loaf is firm. Serve with white sauce or condensed mushroom soup—undiluted.



*See Reverse Side for Another Delicious Recipe*

## PEPPERS STUFFED WITH TUNA



**FOR GREEN PEPPER  
FANS**

1 can Star-Kist Tuna (7 oz.)  
1 cup stale bread crumbs  
1 cup of tomato pulp

1 teaspoon salt  
1/4 teaspoon pepper  
1 teaspoon onion juice  
6 peppers

Mix one can of Star-Kist Tuna with stale bread crumbs and tomato pulp. Add salt, pepper, and onion juice. Cut a slice from the stem end of 6 sweet green peppers, remove seeds and parboil peppers for three minutes. Cool them, place in muffin tins, and fill with tuna mixture. Cover with buttered crumbs, top with a slice of cheese or grated cheese, and bake twenty minutes, or until crumbs are brown. Cover with tomato sauce or your favorite sauce.



*See Reverse Side for Another Delicious Recipe*

# ADD VARIETY TO MENUS

Try EATWELL Sardines and Mackerel

CUT RECIPES ALONG DOTTED LINES AND PLACE IN FILE

## MACKEREL LOAF



### A NEW TASTE TREAT!

1 can EATWELL Mackerel  
3/4 cup bread crumbs  
3/4 cup milk  
1/2 cup coarsely chopped  
gherkins or pickle relish  
2 eggs  
1 1/2 teaspoons salt

1 1/2 tablespoons melted butter  
or margarine  
1 teaspoon minced onion  
1 1/2 cups medium white sauce  
2 hard cooked eggs, sliced  
6 stuffed olives, sliced

Flake mackerel, add crumbs, milk, gherkins, eggs, salt and melted butter or margarine. Mix well. Pack into greased loaf pan. Set in shallow pan of hot water and bake in moderate oven (350°) about 30 minutes or until loaf becomes firm. Turn out on hot platter; add onion to white sauce and pour over loaf. Arrange egg slices on top with an olive slice on top of each.

See Reverse Side for Another Delicious Recipe



### UM-M-M-GOOD!

## SARDINE CHEESE SPREAD

1 can EATWELL Sardines  
1 package of cream cheese  
2 tablespoons of finely chopped  
cucumber

1 teaspoon of onion juice  
Salt and pepper  
Mayonnaise

Allow cheese to soften at room temperature. Flake sardines and fold into cheese. Add onion juice, cucumber, salt and pepper to taste. Add sufficient mayonnaise to give spread desired consistency.

See Reverse Side for Another Delicious Recipe



# FOR MACKEREL AND SARDINES

You Can Depend on EATWELL Quality

CUT RECIPES ALONG DOTTED LINES AND PLACE IN FILE

## MACKEREL—MEXICAN STYLE



... FROM OUR  
FRIENDLY NEIGHBOR

1 can EATWELL Mackerel  
1 cup rice  
1 tablespoon chopped onion  
1 tablespoon chopped green  
pepper  
2 tablespoons fat

2 cups canned tomatoes or  
very ripe fresh tomatoes  
1/2 teaspoon salt, dash of pepper  
1/2 teaspoon chili pepper if  
desired

Cook rice in two quarts of boiling water to which two teaspoons of salt have been added. Drain, wash well, and drain thoroughly. Cook onions and green pepper slowly in fat for about 5 minutes. Add tomatoes, salt, pepper and chili pepper if desired. Allow to simmer until sauce is cooked, stirring frequently. Arrange rice on platter or chop dish, place pieces of mackerel over the top of the rice and pour the sauce over all. Serve at once.

See Reverse Side for Another Delicious Recipe



DELICIOUSLY  
DIFFERENT

## BROILED SARDINE SANDWICHES

1 can EATWELL Sardines in  
tomato sauce  
4 or 5 slices bread

1/2 cup chili sauce or catsup  
4 or 5 thin slices of cheese

Split sardines and remove bones. Toast bread lightly on one side; arrange sardines on untoasted side; cover sardines with chili sauce or catsup and top with cheese. Place under the broiler until cheese melts and sandwiches are thoroughly heated. Serve at once.

See Reverse Side for Another Delicious Recipe





## COMPASS

A study and understanding of how the magnetic needle operates is essential in an approach to any subject dealing with navigation and piloting. History tells us that Marco Polo brought the first compass from Cathay in 1300 A.D. The compass establishes the relative direction a vessel is going at sea and makes it possible to follow a charted route over vast expanses of water.

## DISTRESS SIGNALS • INTERNATIONAL RULES

When a vessel is in distress and requires assistance from other vessels or from the shore the following shall be the signals to be used or displayed by her, either together or separately:

### IN THE DAYTIME

**FIRST**—A gun or other explosive signal fired at intervals of about a minute.

**SECOND**—The international code signal of distress indicated by N C.

**THIRD**—The distance signal, consisting of a square flag, having either above or below it a ball or anything resembling a ball.

**FOURTH**—A continuous sounding with any fog-signal apparatus.

### AT NIGHT

**FIRST**—A gun or other explosive signal fired at intervals of about a minute.

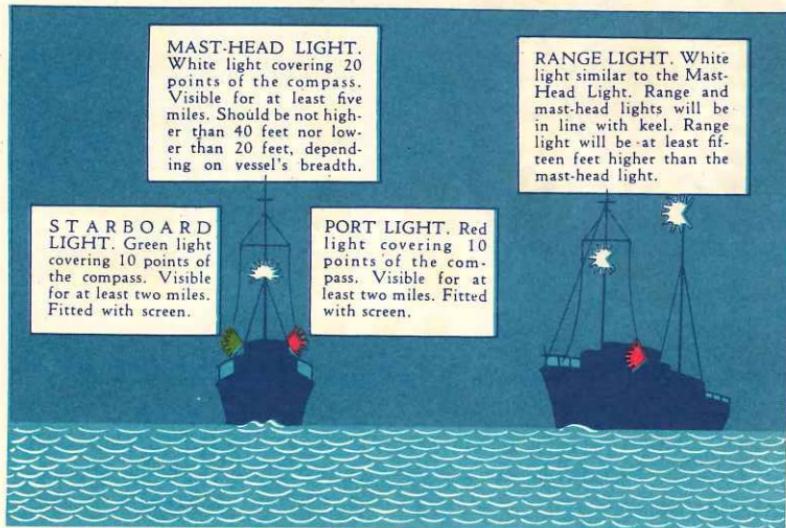
**SECOND**—Flames on the vessel (as from a burning tar barrel, oil barrel, and so forth).

**THIRD**—Rockets or shells throwing stars of any color or description, fired one at a time, at short intervals.

**FOURTH**—A continuous sounding with any fog-signal apparatus.

# LIGHTS ABOARD SHIP · STEAM VESSELS

## INTERNATIONAL RULES



## INTERNATIONAL MORSE CODE

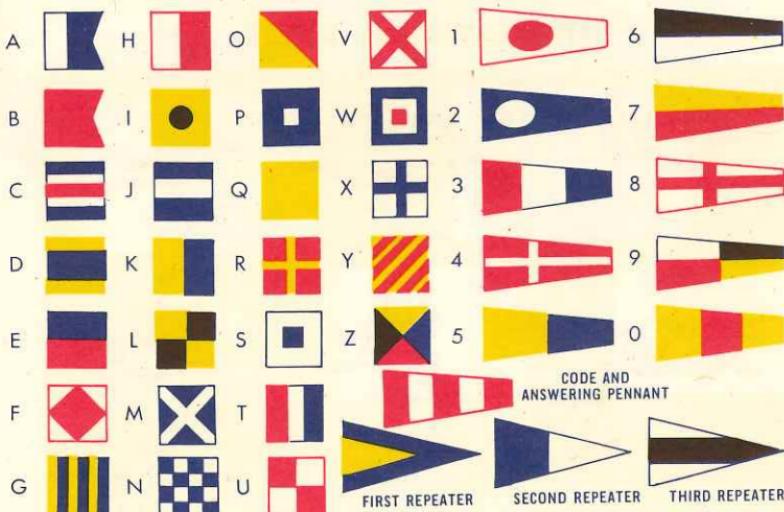
A	• —	K	— • —	U	• • —	I	• — — — —
B	— • •	L	• — • —	V	• • • —	2	• — — — — —
C	— — —	M	— —	W	• — —	3	• • • — —
D	— — — —	N	— — •	X	— — — —	4	• • • — — —
E	•	O	— — —	Y	— — • —	5	• • • • •
F	• • — — •	P	• — — —	Z	— — — • —	6	— — — • • •
G	— — — — •	Q	— — — —			7	— — — — • •
H	— — — — —	R	— — • —	PERIOD-	— • — — —	8	— — — — — • •
I	• •	S	• • •	TEST-	• • • —	9	— — — — — — •
J	• — — — —	T	— —	ERROR-	• • • • • •	0	— — — — — — —

REPEAT MESSAGE- • — — — — • (INTERROGATION FOR RADIO)

GENERAL CALL (VISUAL) • — — — (A)

GENERAL CALL (RADIO) — — — — — — — — — (CQ)

## INTERNATIONAL CODE FLAGS



## UNITED STATES BUOY SYSTEM

### When Entering Port

Red buoys painted with EVEN numbers indicate right side of channel. Steer to left.

Black buoys painted with ODD numbers indicate left side of channel. Steer to right.

Black and white buoys painted with EITHER odd or even numbers indicate midchannel. Pass either side but on the right when in narrow channels.

Red on black buoys indicate obstruction; danger, keep away.

When LEAVING Port, above is reversed. Red is on the left or port and black is on the right or starboard.



## ROPE KNOTS

SAILORS



SQUARE



BOW LINE

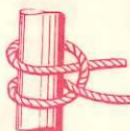


CLOVE HITCH

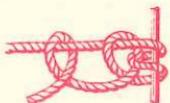
CARRICK



SHEET BEND



FISHERMAN'S BEND



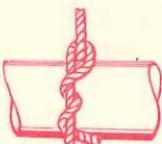
SHEET



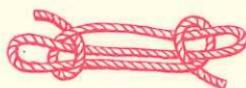
CATS PAW



TIMBER HITCH



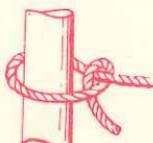
SHEEP SHANK



MARLING HITCH



HALF HITCH



OVER HAND



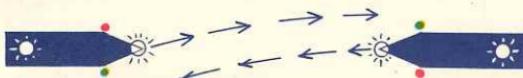
BLACKWALL HITCH



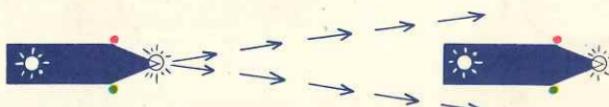
## RULES OF THE ROAD



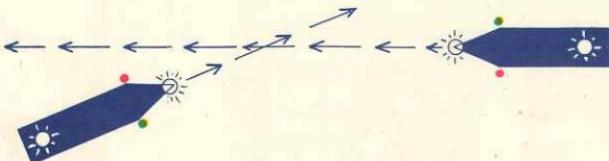
**Vessels Approaching Head-On.** One short blast is acknowledged with one short blast. Vessels give way to the right and pass port to port.



**Vessels Approaching Head-On.** Two short blasts are acknowledged with two short blasts. Vessels give way to left and pass starboard to starboard.



**Vessel Overtaking Another on the Stern.** When overtaking vessel sounds one short blast and is answered by forward vessel with one short blast, overtaking vessel passes on the right or starboard side of forward vessel. When two short blasts are answered by two short blasts, overtaking vessel passes on left or port side of forward vessel. An answer of four short blasts always denies passing.



**Vessels Approaching on the Oblique.** The vessel showing only the port light has the right of way. The other vessel must change course, lay to or back down.

**ONE LONG BLAST: "COMING OUT OF DOCK"**

**THREE SHORT BLASTS: "GOING FULL SPEED ASTERN"**

**FOUR SHORT BLASTS: "EMERGENCY" OR "I REFUSE YOUR REQUEST"**

1 Statute Mile equals 5,280 feet. 1 Nautical Mile equals 6,080.27 feet.

1 Knot equals 1 Nautical Mile, per hour.

# OUR PRODUCTS



## OUR COMPANY

The French Sardine Company . . . packers of STAR-KIST Tuna and many other related products . . . began as a dream in the mind of one man. It has grown until today the company employs 2000 persons and operates 3 plants, one of them the largest fish cannery under one roof in the nation.

Behind any action ever taken by this company there has been a consistent, sound policy. In all its operations, the company has insisted on fair dealings with the fishermen, the cannery workers and the people who buy the company's products. This policy, more than any other one thing, has been responsible for the remarkable growth the company has enjoyed.

The company got its start back in 1917, just in time to make a vital contribution to the winning of the first World War. It grew steadily, under the same ownership and management, until, during World War II, a large part of its production went directly to the armed forces. Because of the outstanding record made by its canneries, the French Sardine Company was awarded the coveted U. S. Government Achievement "A" Award.

During the war, many of the boats owned by the company were taken over by the government and were used to help defeat the enemy. These are gradually being returned for use in commercial fishing. Soon, grocers should have ample supplies of STAR-KIST Tuna and the other products of the French Sardine Company.

The ideals established so many years ago, and which proved so successful, are still guiding the company today. When you step into a store, therefore, and buy STAR-KIST Tuna or another product of the French Sardine Company, you can be confident of its quality and goodness.





## There IS a difference in Tuna!

You'll discover the difference in Tuna when you taste the finer flavor of Star-Kist. Only the *small* Tuna that are *tender*-textured and better flavored are packed under the Star-Kist label.

